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Suspect in child luring avoids custody

Boy, 4, was sexually assaulted at grocery store, police say **PAGE 3**

EX-MOOSEHEAD FINDS A NEW HERD

ST. F.X. X-MEN RECRUIT
WINGER BRAD CUZNER **PAGE 24**



HALIFAX

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Tuesday, September 11, 2012



News worth sharing.

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LESLIE LEAVING ITS MARK

Residents take photos as dikes on the Salmon River give way in Truro on Monday. The area was under a rainfall warning as Tropical Storm Leslie churned toward Atlantic Canada. Leslie was expected to make landfall in Newfoundland early Tuesday, bringing heavy rain and high winds. More coverage, page 6.

ANDREW VAUGHAN/THE CANADIAN PRESS

Teen shot in North Preston

Crime. Gunfire was reported on the same street where a man was killed in July



PHILIP CROUCHER
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An 18-year-old man is in hospital after being shot multiple times in North Preston on Monday evening. Halifax RCMP say they received several 911 calls about shots being fired in the area of Downey Road around 6 p.m.

A short time later, paramedics met a vehicle taking the victim to hospital at the intersection of Lake Major Road and Highway No. 7. He was then rushed to the QEII hospital and listed in serious but stable condition on Monday night, according to police.

"We're still very much in the preliminary stages of our investigation," said RCMP spokeswoman Sgt. Brigdit Leger.

"The only thing I can confirm is that there were multiple shots fired."

Leger said the victim is from North Preston and that investigators were on scene where the shooting occurred.

Police aren't saying precisely where the victim was shot.

Downey Road is no stranger to gunfire.

In late July police were called to a shooting on the same street, with the victim, 23-year-old Narico Downey of North Preston, dying of a single gunshot wound.

"It's premature to speculate," Leger said as to whether the two shootings could be related. "We have not eliminated any possible motivation for this incident."



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News worth sharing.



Man charged in child-luring case released on conditions

Alleged abduction.
Next court appearance scheduled for Sept. 18

HALEY RYAN
halifax@metronews.ca

A Lower Sackville man facing charges for allegedly luring a child into a grocery-store washroom remains out of custody on strict conditions.

Last Friday, Leo Jones, 19, was arrested and charged with the sexual assault and abduction of a four-year-old boy after police say the child was taken into the second-floor washroom at the Superstore on Joseph Howe Drive.

After being charged, he was released by police on various conditions.

No comment

Leo Jones' lawyer declined to comment on the case when asked at Halifax provincial court Monday.

"This was a unique case," said Halifax Regional Police spokesman Const. Brian Palmer.

"There's things about this case which the public is not aware (of), and it did play a factor in the decision for this individual to be released over the weekend."

The incident happened Wednesday afternoon, with police saying the accused approached the youth and then took him to the washroom.

The boy was later reported missing and staff tried to locate him.

Police say the man left the washroom with the child and, when he reached the main floor, walked out of the store.

Palmer said Jones was on the "most stringent of conditions" possible after he was charged, and felt comfortable the police were keeping public safety in mind.

Those conditions include him remaining in the province and not going to the Superstore on Joseph Howe Drive.

He also can't have contact with children under 16 with-



out parental supervision, or be in any place known to be frequented by children, Public Prosecution Service spokeswoman Chris Hansen said

Monday.

Palmer said with the charges faced by Jones, a person is usually likely to be held by police until appearing in

court, but the decision can be taken on a case-by-case basis.

Jones' lawyer appeared on his behalf in court Monday afternoon for his arraignment.

And then there were 3: Mayoral candidates opt out

The number of candidates vying for HRM's top job fell from five to three in a matter of hours.

Dalhousie University student Matthew Worona and former Cape Breton councillor Vince Hall both bowed out of the mayoral race on Monday, each saying they will vote for one of the remaining candidates.

Worona, 20, says between university studies and a full-time job, he has too much on his plate.

"It would mean hundreds and hundreds of hours in Sep-

tember and October to run the campaign I wanted, and I just didn't feel I have that amount of hours," he said.

Worona says he feels he succeeded in getting voters and candidates talking about key issues including transparency, the cost of living and investments in alternative transportation.

He says he'll vote for mayoral candidate Tom Martin, but urged residents to explore every candidate's ideas.

Earlier in the day, Hall also announced his withdrawal from the mayoral race.

In a release, Hall says he will support former Liberal MP Mike Savage.

"I have recently met with Mr. Savage and we had a discussion around his ideas and vision for the city including how much of an effort he has put into reaching out to people throughout HRM," states the release.

A recent survey showed Hall had the support of one per cent of decided voters, compared to 67 per cent for Savage.

Worona garnered six per cent support.

RUTH DAVENPORT/METRO

What's next for Kelly?

Mayor Peter Kelly's future as a member of Halifax regional council will be clear by the end of the day.

- Candidates for council, school board or the mayoralty must submit a nomination package to HRM's returning officer by 5 p.m.

- Kelly said in February he would not reoffer as mayor

- But the 27-year veteran of municipal politics was less clear about whether he would run for the council seat in Bedford, saying only that "no decisions have been made whatsoever."




- Kelly did not return calls seeking comment on Monday.

Mobile news



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The burned-out remains of two buses and an Access-A-Bus sit in the Metro Transit yard in Burnside on Monday.

JEFF HARPER/METRO

Metro Transit loses two buses in terminal fire

Extent of damage. An Access-a-Bus was also caught in the fire

HALEY RYAN

halifax@metronews.ca

Metro Transit says it can't estimate how much it will cost to replace two buses destroyed by fire Sunday night at its Burnside terminal.

"We wouldn't know how it will be covered," HRM spokesperson Tiffany Chase said on Monday. "It will all depend on the results of the investigation."

She said that although both

Investigation

Police officers and fire officials were on scene Monday trying to determine a cause.

buses were in good working order, their removal won't affect Metro Transit's daily bus schedule.

"To have a few spare buses allows (workers) to regularly maintain their vehicles," she said.

Halifax Regional Fire and Emergency and Halifax police were called to the compound just before 10 p.m., after receiving calls of a large fire at the

terminal.

Halifax fire spokesman Capt. Dave Meldrum said when firefighters arrived on scene, two buses were heavily involved with flames, with a third bus — an Access-a-Bus — also on fire.

He said the firefighters attacked the blaze right away and were able to extinguish it quickly, but not before the two buses were destroyed and the Access-a-Bus was heavily damaged.

"Some of the challenges there are the bus materials themselves," Meldrum said of the fire. "That scene was also challenging because it was dark and there was heavy smoke rolling around the scene."

Jury selection

Thompson murder trial preps to begin

Jury selection began Monday in the first-degree murder trial of Chaze Lamar Thompson.

Thompson, 22, is charged in relation to the death of Sergei Kostin, 40, who disappeared in January 2009 after taking a fare from Dartmouth to Cherry Brook. Kostin's taxi was found burned and gutted in North Preston. His body was found in a nearby wooded area in April.

Kostin was a Ukrainian immigrant who had been employed by Bob's Taxi for 10 years. Thompson has pleaded not guilty. **METRO**

Outlook. Transit deficit no cause for concern: Officials

Explanation

HRM says it's not unusual for the first-quarter deficit numbers to be so high because the buses don't generate as much money in the warmer months.

revenue this year to cover it.

"There's monthly reporting that goes on to monitor the situation," she said.

Chase added that Metro Transit may adjust expenditures throughout the year but that the public won't see anything affected in the regular bus service. **HALEY RYAN/FOR METRO**

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Dikes burst as heavy rain swamps Nova Scotia rivers

Deluge. The Canadian Hurricane Centre said up to 100 millimetres of rain was expected over eastern mainland Nova Scotia by Tuesday

Swollen by a day of heavy rain, two Nova Scotia rivers spilled their banks Monday as several dikes gave way, leading to flooding that caught some residents in the Truro area by surprise.

Jim Chipman of Bible Hill said he went to Tim Hortons in the morning and by the time he had his coffee, his home near the Salmon River was surrounded by water.

Dozens of other homes and businesses were flooded, including 40 homes on one street alone.

"They say this is worse than usual," said Chipman, 53, who has been through several floods. "This one is pretty bad."

He watched the raging river from a bridge where police set up a roadblock to prevent traffic from entering the community.

"I guess we'll have to see if they let us go home. If not, we're going to have to find different lodging for the night," he added.

"I'm not the only one. There's people here with children and that'll be a little hard on them."

Mayor Bob Taylor of the Municipality of the County of Colchester said 22 people



A vehicle sits outside a car dealership as dikes on the Salmon River gave way in Truro on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

had come to emergency shelters in a local church and the Bible Hill Fire Department, and six people had registered to stay overnight.

Water levels began rising early Monday in the North and Salmon rivers near Truro, which remained under a rainfall warning

as tropical storm Leslie churned toward Atlantic Canada.

Taylor said dikes on both rivers gave way, flooding some roads in Truro and the adjoining village of Bible Hill.

"It looks like a big pond," Taylor said in an interview.

Taylor said some people were asked to voluntarily leave their homes, but only a few chose to do so. A high school was evacuated before lunch as a precaution.

Bethany Walsh, 20, a college student, was anxiously awaiting word if she'd have to leave her home next to the fast-moving Salmon River

as water began moving into her backyard.

"One of the dikes broke again. It's the worst it's been," she said. "I am concerned. It's our first house."

With more rain in the forecast, Taylor said officials were keeping a close on the rivers.

There were concerns that the flooding would get worse Monday night when the high tides in the Bay of Fundy were expected to add another surge of water upstream.

But it didn't happen.

"It's subsided quite a bit," said Taylor.

THE CANADIAN PRESS

Devastating impact

Justice minister speaks at flooded restaurant

Nova Scotia Justice Minister Ross Landry, who is also responsible for the province's Emergency Management Organization, visited a flooded area of Bible Hill and

spoke to a restaurant owner whose basement had two metres of water in it.

"It definitely is a concern because of people's livelihoods being negatively impacted," he said.

Lenore Zann, the NDP member of the legislature for the riding of Truro-Bible Hill, said her own basement flooded at 2:30 a.m. Monday and the bottom of her street was closed.

THE CANADIAN PRESS

Mayor speaks

"We think we're by the worst part of it.... It's going to be a while before it all goes away, but the worst part of it is over."

Mayor Bob Taylor
Municipality of the County of Colchester

Bracing for Leslie with Igor in mind

Newfoundlanders who were hit hard by Hurricane Igor two years ago were stocking up and hunkering down Monday for Tropical Storm Leslie.

Leslie isn't expected to be quite as ferocious as Igor, but will almost certainly make landfall early Tuesday near the Burin Peninsula in southeast Newfoundland, said the Canadian Hurricane Centre.

Forecasters say Leslie will touch down as a hurricane or

a strong tropical storm, depending on its wind speed.

Patricia Devine of Clarenville in southeastern Newfoundland was keeping a wary eye on the weather after Igor caused more than \$25,000 in flood damage to her home on Sept. 21, 2010.

"All over this town trees were down, an awful lot of people got flooded basements. Oh, it was awful," she recalled Monday.

Igor also caused one death when a man on nearby Random Island was swept away by flood waters.

"I'll never forget it," Devine said. "In fact, I'm very nervous. I'm saying a lot of prayers."

She was among many residents who spent the day buying food, water and gasoline supplies, checking sump pumps, preparing generators and making sure they had flashlights, batteries and emergency con-

Strong winds

130

Wind gusts on the Avalon could peak at about 130 km/h, with waves expected along Newfoundland's southeast coast of about eight metres.

tact numbers at hand.

Forecaster Bob Robichaud of the Canadian Hurricane Centre said the biggest concern is Les-

lie's sheer size.

The storm's circulation is 800 kilometres in diameter and its effects are expected to be widespread.

"We could see gusts up to 80 kilometres an hour even in the Cape Breton area," Robichaud said. "To the east of the track, which would be over the Avalon Peninsula of Newfoundland, we could see gusts over 100 kilometres an hour."

THE CANADIAN PRESS



A surfer checks out the waves in Cow Bay on Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Judge puts off approving orders on mill sale

NewPage. The mill shut down last September, laying off some 600 employees

Waiting for decision

Pacific West is waiting on a tax ruling from the Canada Revenue Agency before the sale can be finalized.

- That decision could come down within days.

A Nova Scotia Supreme Court judge put off approving two motions Monday related to the sale of the NewPage Port Hawkesbury paper mill so changes can be made to a court order.

Judge John Murphy said he has no problem sanctioning a plan that creditors approved last month, but he said the court order included releases that would prevent a third party who is not affected by the plan from coming to court with concerns in the future.

Peter Wedlake, the chief restructuring officer for Grant Thornton Ltd., said minor changes will hopefully be made to the court order within the next 24 hours.

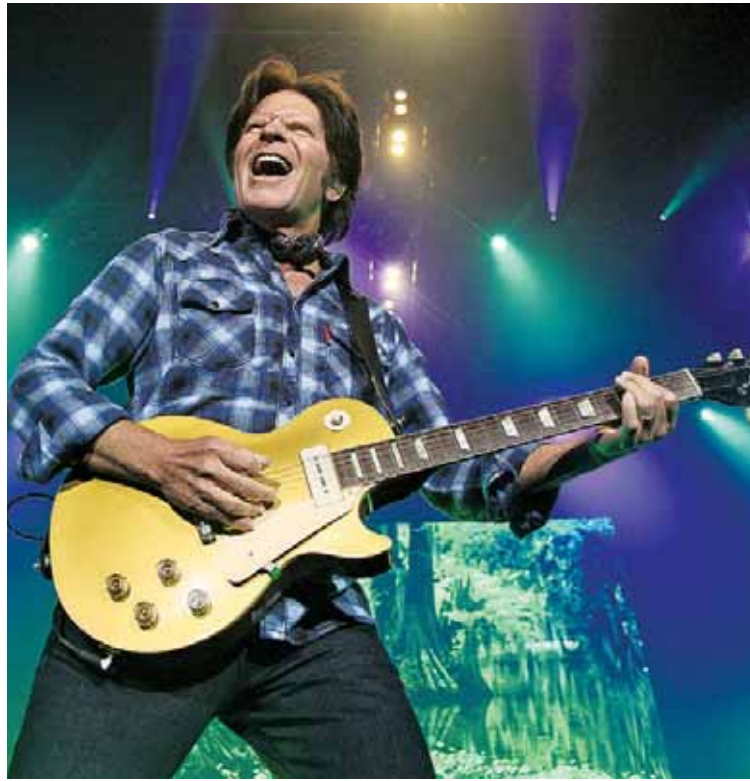
"(The judge) wants us to go back and look at some of the issues around ... releases, particularly deals with third parties who weren't in the plan or get notice under the plan,"

Wedlake said outside court in Halifax.

The second motion before the court is an order authorizing monitor Ernst & Young to distribute payments under the plan.

Sanctioning the plan is another crucial step in the sale of the Point Tupper mill, which Pacific West Commercial Corp. is working to buy for \$33 million.

"From a practical point of view ... we're already in the ramp-up procedures at the mill," said Wedlake, referring to the 140 workers who were back at the mill Monday for the first time in about a year. "This order is just one more step to approve the plan. We still have to close the deal." **THE CANADIAN PRESS**



Born on the Bayou, rockin' Halifax

John Fogerty rocks out onstage at the Halifax Metro Centre on Monday night. The legendary rocker performed hits from Creedence Clearwater Revival as well as his expansive solo career. **JEFF HARPER/METRO**

11 years later

Airport to commemorate 9-11 anniversary

Halifax Stanfield International Airport employees will take a moment Tuesday to remember the terrorist attacks of Sept. 11, 2001.

Forty airplanes carrying 8,000 passengers were diverted to the airport in the wake of the four deadly plane hijackings in the U.S.

Halifax received the most diverted flights of any Canadian airport, and local residents opened their homes to give stranded passengers a place to stay. **METRO**

One-on-one talks

'Speed date' a council candidate

The Spring Garden Road library will host an election event that brings council candidates and voters together in a format modelled on speed dating.

Candidates for the new districts 7 and 8 will be at the library from 6:30 to 8:30 p.m. Sept. 26, and residents are invited to show up any time for short one-on-one conversations. **METRO**

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LIGHT THE NIGHT

LEUKEMIA AND LYMPHOMA SOCIETY LIGHTS THE NIGHT IN HALIFAX

Now going into its second year in Halifax, the Light The Night walk is something that hits close to home in the Atlantic region.

"Atlantic Canada has a very high rate of blood cancers, which is why there's such a need for awareness to raise money for patient services and research," says Samantha Warshick, the senior campaign co-ordinator of Light The Night.

Light The Night is an annual fund-

raiser for The Leukemia & Lymphoma Society of Canada. The money is used to fund things such as lifesaving blood cancer research, family support groups and a peer-to-peer counselling program.

This year's walk will be held on Saturday, Oct. 20. The starting point of the walk is the South Commons, across from Citadel High School.

Warshick says with the IWK being the largest children's hospital in the Maritimes and being one that treats kids from all over the Maritimes, Halifax is the ideal place for a Light The Night walk.

"It is really important that we're doing something here in the city where the IWK is," she says.

The walk is one of 240 that takes place across North America and just one of 11 in Canada.

"Even though we are The Leukemia &

Lymphoma Society of Canada, we work directly with The Leukemia & Lymphoma Society, which is our American partner," says Warshick. "They have the same campaign."

Last year's walk in Halifax brought in \$260,000, an amount which was more than three times larger than its goal of \$80,000. There were also 1,300 participants in the walk, which exceeded the goal of 250 to 500 participants.

The money raised even surpassed the previous first-year Canadian record, which belonged to Ottawa, when it brought in \$235,000.

This year's goal is to raise \$350,000 and have 2,000 people participate in the walk.

People looking to learn more about Light The Night should visit lightthenight.ca/hal for more details.

HOW TO GET INVOLVED

There are many ways for people to become involved in the Light The Night walk, including by walking as an individual or with one's family, becoming a sponsor, or putting together a team made up of friends and colleagues.

People can also make tax-deductible donations online at lightthenight.ca/hal/ways/donate/. Donations can also be made in person at the Leukemia & Lymphoma Society of Canada's office at 1660 Hollis St., suite HS2. Its phone number is 422-5999.

Nuclear fears

Hiroshima group protests in Israel

A group of survivors from the Hiroshima atomic-bomb attack have held a protest in Jerusalem calling for the end of nuclear weapons. The visit comes amid growing tensions between Israel and Iran.

THE ASSOCIATED PRESS

Violence erupts

Palestinians fed up with leaders

Palestinian protesters clashed with police in demonstrations across the West Bank Monday — the largest protest in the Palestinian Authority's 18-year history.

THE ASSOCIATED PRESS

China angered

Japan to buy disputed islands

Japan's government said Monday it will buy several disputed islands, prompting China to angrily warn of "serious consequences" if it proceeds with the plan. THE ASSOCIATED PRESS

Politics not welcome at Sept. 11 ceremony

Victims' families to speak instead. Rule intended to prevent campaigning during critical election year

For the first time, elected officials won't speak at Tuesday's ceremony commemorating the Sept. 11 attacks — an occasion that has allowed them a solemn turn in the spotlight. The change was made

in the name of sidelining politics, but some have rapped it as a political move in itself.

It's a sign of the entrenched sensitivity of the politics of Sept. 11, even after a decade of commemorating the attacks that killed nearly 3,000 people. From the first anniversary in 2002, the date has been filled with questions about how — or even whether — to try to separate the Sept. 11 that is about personal loss from the 9-11 that reverberates through public life.

The answers are compli-

cated for Debra Burlingame, whose brother Charles was the pilot of the hijacked plane that crashed into the Pentagon. She feels politicians' involvement can lend gravity to the remembrances, but she empathizes with the reasons for silencing officeholders this year.

"It is the one day, out of 365 days a year, where, when we invoke the term '9-11,' we mean the people who died and the events that happened," said Burlingame, who's on the board of the

organization that announced the change in plans this year.

"So I think the idea that it's even controversial that politicians wouldn't be speaking is really rather remarkable."

But in July, the National Sept. 11 Memorial and Museum announced that this year's version would include only relatives of victims.

The point, memorial president Joe Daniels said, was "honouring the victims and their families in a way free of politics" in an election year. THE ASSOCIATED PRESS



Visitors attend the National Sept. 11 Memorial. THE ASSOCIATED PRESS



Labour unrest spreading among South Africa's miners

Miners march to Lonmin Platinum Mine near Rustenburg, South Africa, in an attempt to stop operations. Such labour unrest spread in South Africa on Monday as a wildcat strike by 15,000 workers stopping operations at a gold mine while few workers reported for duty in the fourth week of a stoppage at the world's third-largest platinum mine. Lonmin PLC platinum mine said just six per cent of its 28,000 workers turned up Monday morning at its mine in Marikana, west of Johannesburg. THE ASSOCIATED PRESS

Election in South Africa. Zuma defends his record while protests get violent

South African President Jacob Zuma said his government provides public services better than any other African country, defending his record Monday against mounting and often-violent protests as he gears up for a re-election bid.

But there is growing rage over failures to address poverty, massive unemployment and other problems.

Some of the anger is directed at Zuma as he campaigns to be re-elected as leader of the African National Congress in December.

THE ASSOCIATED PRESS



South African President Jacob Zuma seeks re-election. GETTY IMAGES FILE

Prison handover

U.S., Afghanistan at odds over fate of terror suspects

Afghanistan President Hamid Karzai welcomed Monday's handover of the main American-run prison to Afghan forces as a victory for Afghan sovereignty, though he and U.S. officials remain locked in a dispute over the fate of hundreds of suspects.

The United States is withholding the transfer of scores of inmates, reportedly out of concern that Afghan authorities may simply let some dangerous detainees go.

THE ASSOCIATED PRESS

Guantanamo Bay. Inmate dies while in disciplinary section after altercation

A prisoner has died at the U.S. navy base in Guantanamo Bay, Cuba, the U.S. military said Monday, two days after the man was apparently found unconscious in his cell.

The prisoner, whose name and nationality were not released, was found by guards on Saturday and taken to a hospital, where he was declared dead "after extensive lifesaving measures had been performed," the U.S. military's Southern Command said.

He was the ninth prisoner to die at the facility since it was opened in January 2002.

The military has said two of those deaths were by natural causes and six were declared suicides.

The death occurred in Camp 5, a section of the prison used mostly to hold prisoners who have broken detention-centre rules, said a spokesman for the prison.

This prisoner had recently splashed a guard with what military officials call a "cocktail," typically a mixture of food and bodily fluids, which is why he was on disciplinary status, the statement said.

THE ASSOCIATED PRESS



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Margo Trushina photographs a fellow supporter at the Pussy Riot benefit in Russia Monday. THE ASSOCIATED PRESS

Officials fail to stop Pussy Riot benefit concert

Russian activists.

About 1,000 fans gather to support jailed trio; four are detained for alleged jaywalking offences

A music festival to support jailed members of the Russian band Pussy Riot went forward despite official pressure to cancel it, organizers said Monday.

Olga Kurnosova said city officials had tried to force her

to stop Sunday's show in St. Petersburg — President Vladimir Putin's hometown — and firefighters had threatened to close down the Glavklub hall, claiming safety violations ahead of the concert.

About 1,000 people attended the "Free Pussy Riot Fest" headlined by the Russian rock protest bands DDT and Televizor, whose songs have long riled Soviet authorities and Putin's Kremlin.

Last month three members of Pussy Riot were sentenced to two years in jail for a "punk prayer" against Putin in Russia's largest cathedral

in a trial that provoked an international outcry.

Several younger rock bands and rappers voiced their support for Pussy Riot from the stage Sunday, and some spectators were wearing balaclavas — the feminist band's trademark headwear.

Dozens of riot policemen surrounded the festival venue and detained four people afterward for alleged jaywalking, Russian media reported.

Proceeds from the show will be donated to Pussy Riot and other activists in jail under Putin, organizers said.

THE ASSOCIATED PRESS

New Jersey

Trenton mayor in deep trouble

U.S. federal agents have arrested Tony Mack, the mayor of Trenton, N.J. Mack, his brother Ralphiel and sex offender Joseph Giorgianni are all accused of extortion.

THE ASSOCIATED PRESS

Fear of commitment?

Church accused of discrimination

A gay couple has sued the Roman Catholic Diocese of Worcester, Mass., for allegedly refusing to sell them a mansion over fears they would host gay weddings at the site.

THE ASSOCIATED PRESS

Katyn massacre. Files indicate Roosevelt aided Soviets in huge coverup

Two American POWs sent secret coded messages to Washington with news of a Soviet atrocity: In 1943, they saw rows of corpses in an advanced state of decay in the Katyn forest, on the western edge of Russia, proof that the killers could not have been the Nazis who had only recently occupied the area.

The testimony about the massacre of Polish officers might have lessened the tragic fate that befell Poland under the Soviets, some scholars believe. Instead, it vanished into the heart of American government. The long-held suspicion is that President Franklin Delano

Roosevelt didn't want to anger Josef Stalin, an ally whom the Americans were counting on to defeat Germany and Japan during World War II.

Documents released Monday lend weight to the belief that suppression within the highest levels of the U.S. government helped cover up Soviet guilt in the killing of some 22,000 Polish officers in 1940.

The most dramatic revelation so far is the evidence of the secret codes sent by the two American POWs — which adds to evidence that the Roosevelt administration knew of the Soviet atrocity early on. THE ASSOCIATED PRESS

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Feds planning to revoke citizenship of applicant cheats

Immigration fraud. Minister Jason Kenney looking to introduce amendments to the Citizenship Act as part of multi-year crackdown

The federal government plans to revoke the Canadian citizenship of 3,100 people it says cheated on the process.

It's also looking at thousands of others who may have obtained or maintain permanent residence fraudulently.

Immigration Minister Jason Kenney says cheats will be stripped of citizenship and residence status.

Letters have been sent to more than 600 of the 3,100 or so people to start the process of revoking their citizenship. However, he says no one has yet lost their citizenship.

Kenney says that's because



Immigration Minister Jason Kenney
THE CANADIAN PRESS

the process takes several years.

He says it's part of a multi-year crackdown on immigration fraud.

"Canadian citizenship is not for sale," he said.

"We will continue to take strong measures to combat

the industry of crooked immigration agents here and abroad who seek to devalue Canadian citizenship by creating fake proof of residency and committing other forms of fraud."

So far, he says, federal agencies have removed or denied admittance to more than 600 former permanent residents linked to the fraud investigations.

They have denied about 500 citizenship applications where the applicants did not meet residence requirements, and almost 1,800 applicants linked to cheating have simply abandoned their citizenship applications.

Kenney also says he is planning to introduce amendments to the Citizenship Act that would require immigration consultants to be members of a regulatory body, which he says may help crack down on crooked agents.

THE CANADIAN PRESS



Against an oppressive regime

Iranian Canadians rally outside the Department of Foreign Affairs in Ottawa on Monday to support the Canadian government's decision to expel all Iranian diplomats from Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Cutting ties

More to leave Iran: News agency

An Iranian semi-official news agency says Iran expects more countries to follow Canada's example and close their embassies in Tehran.

The Mehr news agency on Monday quoted Hasan Sobhaninia from Iran's influential parliament committee on national security and foreign policy as saying that there "is the possibility" of others making the same decision as Ottawa.

THE ASSOCIATED PRESS

Nuclear threat

UN demands Iran's co-operation

The head of the UN nuclear agency, Yukiya Amano, made an unusually strong demand Monday for Iran to co-operate with an investigation into suspected secret work on nuclear weapons, expressing his frustration with the lack of headway in the probe.

Asked why there was no progress on the Parchin probe, Amano told reporters: "You'd better ask Iran."

THE ASSOCIATED PRESS



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Air + 3 Nights from **\$829**
incl \$482 base + \$137 taxes & fees

INCLUDES central accom near the Washington Monument. **UPGRADE** to 4-star accom from \$9 per night.

Chicago Air + 3 Nights from **\$894**
incl \$729 base + \$165 taxes & fees

INCLUDES accom overlooking Lake Michigan. **UPGRADE** to 4-star accom from \$67 per night. **ADD** hop-on, hop-off trolley from \$26.

New York Air + 3 Nights from **\$917**
incl \$789 base + \$128 taxes & fees

INCLUDES Upper East Side Manhattan accom. **UPGRADE** to 4-star accom from \$77 per night. **ADD** Empire State Building entry from \$21.

Honolulu Air + 7 Nights from **\$1244**
incl \$1107 base + \$137 taxes & fees

INCLUDES accom near Waikiki Beach.

Vacations

Shanghai Air + 6 Nights 4-Star
\$1239

from
incl \$785 base + \$454 taxes & fees
INCLUDES Zhabei area accom near the central rail station.

Montreal Thanksgiving Weekend
Air + 3 Nights from **\$671**
incl \$503 base + \$168 taxes & fees

INCLUDES accom near Notre Dame Basilica. **BONUS** daily breakfast included. **UPGRADE** to 4-star accom from \$24 per night. **ADD** Laurentian Mountains tour for \$105.

London Air + 6 Nights from **\$1459**
incl \$855 base + \$604 taxes & fees

INCLUDES Russell Square accom. **ADD** London Eye ticket from \$33.

Buenos Aires Air + 8 Nights from **\$1568**
incl \$977 base + \$591 taxes & fees

INCLUDES accom near Florida Street and San Telmo. **UPGRADE** to 4-star accom from \$25 per night. **ADD** discount city tour from \$17.

Prague Air + 7 Nights 4-Star from **\$1698**
incl \$1117 base + \$581 taxes & fees

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Dungeon. Abduction target reacts in court to imprisonment plot

The intended prisoner of a confinement room built in an abandoned Pickering farmhouse said she is now living in fear and haunted by images of the makeshift dungeon designed with her in mind.

"I am still in shock," a weeping Gwen Armstrong said in an Oshawa courtroom Monday.

Armstrong was among three women who read victim-impact statements in an Oshawa courtroom on Monday morning at the sentencing hearing for Robert Edwin White, the 44-year-old man who built a confinement room in the basement of a Pickering farmhouse.

Last Wednesday, White pleaded guilty to a charge of breaking and entering with the intent of committing an indictable offence. An attempted kidnapping charge was withdrawn.

According to an agreed statement of facts, White built the dungeon in order to confine Armstrong, who took in his ex-wife, Patricia Gallagher, after the couple's separation.

In her statement, Armstrong said she only learned last week that the meticulously-planned dungeon, with its steel

Confinement room

The dungeon was discovered in late November by contractors who noticed recent construction in a farmhouse.

- The police discovered a dungeon in the basement with heavy doors and multiple locks, designed to trap someone inside.
- Steel-link chains hung from the ceiling and the heavily reinforced room was bolted from the outside with tire-irons.

chains and multiple locks, was intended for her all along.

"Like everyone else, I had seen the photos splashed across the newspapers and Internet (but) I didn't fully learn of their significance to me until last Wednesday," she said.

"Since then, those same photos have been running through my mind constantly," she continued. "They fill me with such horror that I feel physically ill."

TORSTAR NEWS SERVICE



Shooting victim honoured with civic funeral

Quebec Premier-elect Pauline Marois, left, helps Ginette Jean, mother of Denis Blanchette, during a funeral service on Monday in Montreal. Blanchette died last week when a gunman opened fire at the Parti Québécois election-victory party. He was given a rare civic funeral, which is usually reserved for public figures, as well as police officers slain in the line of duty. The arrested man Richard Henry Bain faces 16 charges, including first-degree murder, in the shooting. GRAHAM HUGHES/THE CANADIAN PRESS

Long-gun registry

PM's words cited in court rebuke

A court delivered a stinging rebuke to the federal government over its plan to scrap the long-gun registry even if a province wants to keep it, with Monday's verdict even singling out Prime Minister Stephen Harper.

The Quebec Superior Court accused the federal government of violating principles of Canadian federalism, and its 42-page verdict cited the prime minister's words as evidence.

THE CANADIAN PRESS

Online company

Don't buy HIV home testing kits: Health Canada

Health Canada is warning consumers about a web-based company that is trying to sell home testing kits for HIV and a number of other sexually transmitted infections.

The department says there are no HIV test kits licensed for home use in this country.

THE ASSOCIATED PRESS

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Economic outlook

Fed boost could lift economy

Canada's struggling economy will likely get an indirect nudge from stimulus measures being adopted in major world economies, with the U.S. Federal Reserve likely to introduce measures on Thursday.

THE CANADIAN PRESS

Tech toys

Toys R Us to offer tablet for tots

Toys R Us said Monday that it plans to launch its own tablet computer aimed at children called Tabeo, a low-priced entry into the increasingly crowded tablet business.

THE ASSOCIATED PRESS

Pending strike

CAW facing tough demands

The Canadian Auto Workers union says it's facing "unprecedented" demands from General Motors, Chrysler and Ford that would create a two-tiered workforce, eliminate cost-of-living adjustments and make changes to pension plans.

THE CANADIAN PRESS

Pet peeves

Pets get boot in UAE apartments

Some apartment dwellers in the United Arab Emirates have received eviction notices — for their pets — and officials have put a two-dog limit on single-family houses.

THE ASSOCIATED PRESS

Diners in Finland feast at 'pop-down' restaurant in mine

New spin on pop-up dining. Underground restaurant fully booked until experiment ends later this month

An award-winning chef is opening a new restaurant in Finland that turns the idea of "pop-up" eateries upside-down: It's located 80 metres underground.

Discerning food lovers are being served salted salmon, veal tenderloin, snails cooked in Pernod and apple crumble in the "pop-down" restaurant in a limestone mine in the small, southern town of Lohja.

A four-course evening meal costs 128 euros (\$160 US), including drinks and transportation down to the mine and back up.

In major cities around the world "pop-up" restaurants — temporary eateries often located in underused kitchens — are allowing young chefs with ex-



Customers have dinner at the Muru "pop-down" restaurant at Tytyri mine in Lohja, Finland, on Monday. ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS

perience to experiment without risk of bankruptcy.

But Finnish chef Timo Linnamaki said the idea of preparing food down a mine was all part of being close to the earth.

"Pop-down" is such a unique idea that I just had to do it," Linnamaki said. "It's great work-

ing down here because you are totally cut off from the world, so nothing distracts from the cooking."

The 115-year-old mine goes down to a depth of 380 metres where limestone is still mined, mainly for the chemical industry.

THE ASSOCIATED PRESS

On demand. BCE to take on Netflix

BCE will launch a "made-in-Canada" competitor to Netflix, available in English and French, CEO George Cope said Monday as part of his pitch to broadcast regulators considering the company's \$3.4-billion takeover of Astral Media.

The service would be available on demand and on any device, and showcase Canadian and international movies from Astral's pay TV services, such as HBO Canada and The Movie Network, as well as news, sports and entertainment content from Bell Media.

Cope said more than 10 per cent of Canadians subscribe to Netflix, but the service doesn't pay taxes in Canada and doesn't contribute to Canadian content.

THE CANADIAN PRESS

Quoted

"The Canadian system needs companies with the scale to compete against foreign content companies like Netflix, Apple, Google and Amazon."

BCE CEO George Cope

Market Minute



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TSX
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LIKE MOTHER, LIKE DAUGHTER WHETHER YOU LIKE IT OR NOT



SHE SAYS...
Jessica Napier
metronews.ca

I inherited a number of things from my mother: blue eyes, receding gums, easily tanned skin and an appetite for early-morning cocktails. But while many of my genetic legacies are unavoidable,

I've begun to notice that I'm instinctively — although perhaps not knowingly — adopting more and more of her mannerisms. As I get older, I'm starting to look and act like a 2.0 version of my mother.

Earlier this year, Hallmark Cards UK conducted a survey that found women believe they truly turn into their mothers at age 32. And sure, a study performed by a greeting-card company might not be the most scientific poll of all time, but it seems pretty

Similar shopping standards

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

reasonable that the transition would happen around this age. For many women, our early thirties are a prime time for child bearing, rearing and realizing that maybe we should start using night cream.

I've still got a few years until I hit that magical number. At that time, or more likely when I have children of my own, I assume that the metamorphosis from my former self to mom will accelerate to a Kafkaesque top speed.

Unlike some people, I'm not one to make sweeping declarations about "NEVER turning into my mother." My mother has always been someone I have admired, so turning into

her would hardly be a bad thing. However, I didn't quite realize how involuntary the transition would be.

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

I hear her voice inside my head every time I philosophize about the importance of dressing in layers or when I tell my boyfriend to actually look in the fridge before asking me if we have any milk left.

I see it not only in myself but in my friends as well. Kelly is turning into Kathy, and Jen is turning into Janet, and other Jen is turning into Jo Ann (yes, these are real alliteration-loving mother-daughter combos). Of course, none of us are carbon copies of our mothers; we're more like funhouse-mirror reflections.

My mother and I will always have our differences — she will always know more about stain removal than I care to learn, and I will always have to help fix her Facebook privacy settings — but slowly we are meeting in the middle.



Sharon Osbourne and her daughter, Kelly, arrive at an Elton John AIDS Foundation Oscar party held at Pacific Design Center in West Hollywood, Calif., in this file photo. FREDERICK M. BROWN/GETTY IMAGES

Om, that's a really old teacher



MICHELLE SIU/THE CANADIAN PRESS

Instructing yoga at 96

Canadian woman holds Guinness World Record

Ida Herbert, the 96-year-old yoga instructor who has been named the world's oldest living yoga teacher by Guinness World Records, poses for a photo in Toronto. She has been practising the ancient discipline since the late 1940s — well before it was a trend in Western society.

THE CANADIAN PRESS

Practises every day

"I wouldn't be without it. If I do my sun salutations, and I do two or three of those in the morning, I feel so much better. I go into the kitchen and get my breakfast and I don't give a hoot." Ida Herbert

Early-hour yogi

Yoga credited for her good health

Herbert attributes her good health and generally happy attitude largely to her years of practising yoga.

She rises at 5:30 a.m. to perform her poses and says her day isn't quite the same if she forgoes her routine.

Herbert got started practising yoga when she was at a health club in Toronto. One of the women who worked there taught her the poses — and she was hooked. THE CANADIAN PRESS

Teaching others the way

- Herbert helps other women find peacefulness. She retired last year from teaching at the YMCA in Orillia, Ont., after 25 years.
- Her students tend to be women ranging in age from their 50s up to their 80s.

near Orillia, with classes that range from five or six up to about 17 people per class.

Why she stuck with it

"It's made me physically very flexible, and, inside, it's made me look at circumstances in a peaceful way.... Things won't make me quite so angry as they used to."

Ida Herbert



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Do you fear being swallowed by a sinkhole?

91% NO. THEY'RE TOO RARE TO WORRY ABOUT

0% SOMEWHAT, BUT WHAT CAN YOU DO?

9% YES. I DRIVE WITH A HELMET ON



Twitter

@mehneronfire:

Why does a spot of rain in Halifax cause the roads to become a ridiculous free-for-all? Does everyone forget how to drive when wet? #idiots

@saarahh7:

best part of halifax hurricane season? free swimming in my basement #flood

@ColinHFX:

Breaking - all mayoral candidates

drop out of Halifax race. They say it was too boring.

@ohh_n:

Wow, 2 #Halifax mayoral candidates have withdrawn from the race in one day! Interesting developments indeed. #OhGirl

@riseagainst:

Halifax! Wow. Thanks so much for a great show. What a great way to kick off our tour!

2 SCENE

What makes a family?

The New Normal. Silly sitcom tackles some touchy topics — here Metro chats with its creator about some of the controversy

AMBER RAY

Metro World News in New York

The New Normal is a goofy, sweet sitcom that questions what “family” means today. The show, which deals with surrogate mothers, gay parents and a big-mouthed grandma who rivals Archie Bunker, has been met with some opposition south of the border.

The conservative group One Million Moms announced a boycott of the show and a ban from a Utah TV station. Here, creator Ryan Murphy addresses some of what has ruffled a few feathers.



Cast a (gasp!) Real Housewife in a scripted role

Murphy, a huge fan of the Real Housewives franchise, first cast NeNe Leakes on one of his other shows, Glee.

“We were in the writers’ room of Glee, and we were writing a nemesis for Jane Lynch, and I said, ‘You know what we need? We need somebody like this.’ And I had seen NeNe on Housewives, and I had also seen her take down Star Jones on Celebrity Apprentice. So we had watched that scene, and I said, ‘Wow. I don’t even know if NeNe wants to act, but we should talk to her and offer her this part,’ which was Roz, that she did so well.”

Murphy approached Leakes for the role of Rocky because “she’s just hilarious,” he adds.



Feature a close-minded, no-filter grandma

Nana Jane is a throwback to Archie Bunker — she says shocking, politically incorrect things and isn’t bothered if she offends someone. “(The New Normal) in many ways is about tolerance, and I think it’s about a discussion of tolerance,” Murphy says.

“When I was growing up, one of the most memorable times that I would have with my parents was watching All in the Family and being young and hearing people talk that way and then having a discussion: ‘Was that good? Was that bad? What was that?’ I think people will talk about some things that the (New Normal) characters say, obviously, but I think that’s a good thing.”



Call ‘unconventional’ families ‘normal’

There is no traditional nuclear family in The New Normal, and Murphy credits shows like Modern Family and Will & Grace, which both featured gay characters in committed relationships, for paving the way for his show to reach the air. “So many people watched those shows and are educated. Those shows changed views,” he says.

And while The New Normal is loosely based on Murphy’s own life — “the show came about because my partner and I have been having conversations about surrogacy,” he says — the sitcom also delves into every character reexamining his or her life and asking, “What’s next?”

“We talked about what it was like to be a single mother with a young daughter, what is it like to be a woman in your 50s who is completely starting over and dating again,” Murphy says of Goldie and Jane.

The controversy metre



‘Challenge’ the idea of conventional family



No-filter grandma



Real Housewife actress

The plot

Single mom Goldie (Georgia King) moves to L.A. with her eight-year-old daughter (Bebe Wood) for a better life. There, Goldie becomes the surrogate for a gay couple, Bryan (Andrew Rannells) and David (Justin Bartha), who want to have a baby. Ellen Barkin stars as Goldie’s outspoken, prejudiced grandmother, Jane, and NeNe Leakes plays Bryan’s assistant, Rocky.

- Air times. The pilot episode of The New Normal aired last night on CTV. Another episode of the show airs tonight.

On the web



George Michael makes pop history at Paris Opera concert.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sneaky wedding for Reynolds and Lively

THE WORD
Monica Weymouth
scene@metronews.ca

Usually, people as famous as Ryan Reynolds and Blake Lively can't go grocery shopping without us snooping around their carts. But somehow, the impossibly pretty couple planned and executed an entire wedding over the weekend without us so much as getting a whiff of cake. (Our guess: They killed off the rare caterer who wasn't hypnotized by their sparkling eyes.)

On Sunday, Reynolds, 35, and Lively, 25, tied the knot just outside of Charleston,



S.C. A number of details have finally trickled in — the Reynolds trance doesn't last forever — and it seems they had the kind of understated wedding that really works best when you're overly wealthy: A simple white gown (by Chanel), an outdoor reception (at an antebellum plantation) and music by close friends (Bette Midler and Florence Welch of Florence + The Machine).

It's the second time down

the aisle for Reynolds — who divorced Scarlett Johansson in 2010 after two years of marriage — and the first for Lively, who, not to be outdone, briefly dated Leonardo DiCaprio last fall.

Now, we're usually a pretty cynical bunch over here, but we think these two have a real chance. Until those Beckham kids grow up, it's impossible they'll find someone with more perfect bone structure.



Liberty Ross

Liberty walks it off

Liberty Ross, who has been estranged from husband Rupert Sanders since news of his affair with Kristen Stewart came to light, made her first public appearance over the weekend by walking the catwalk at Alexander Wang's New York Fashion Week show. And it was no easy feat for the model and mother of two. "I was totally terrified," Ross tells the Cut. "I hadn't actually been out of my house for seven weeks so I was really anxious. But it felt amazing."

'We're going to be fine': Stewart on soured relationship

Kristen Stewart will be side-by-side with estranged boyfriend Robert Pattinson to promote the final Twilight film soon, and she swears she isn't stressing out about it. "We're going to be fine. We're going to be totally fine," she tells the Associated Press. We certainly hope they will be, as the studio behind the film is reportedly planning to break records for the



Kristen Stewart

largest Hollywood premiere in history for the film's November release.

Twitter



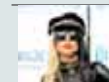
@kirstiealley

Oh my God!!! All my old drafts just unloaded..so sorry..and some I never wrote..have I been hacked?!



@andersoncooper

When I reach 3M Twitter followers, my talk show will give a trip to NYC to one of my followers.



@ladygaga

#IfObamaDontWin i say we try to build a new planet and all go live there



@SethMacFarlane

A good rule of thumb is to never be in Liam Neeson's movie family.

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Are you punk? Hippie? Goth?

How your hair will define you

Beauty. Punk=rebel, dreads=hippie, tight bun=uptight. Does our hair define who we are? Experts discuss with Metro

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

When former Disney star Miley Cyrus chopped off her locks last month in favour of a shorter, grungier 'do, she tweeted: "I've never felt more 'me' in my whole life." This led us to wonder, can our hair shape who we are? Here are five ways in which it can.

It adds to your aura. Just ask a guy.

"Many of us believe our figure is the physical feature that defines us. In reality, anything from the neck up is what people see first and remember most," explains beauty psychologist Vivian Diller. "We have a reaction to someone within the first seven seconds of meeting them. As our mind processes what we see, that person's hair becomes a non-verbal expression of health."

Good-bad hair days influence your day-to-day mood swings

"Your body shape can take years to change. Your facial structure is more or less as it is and although you can play around with cosmetics to highlight different things, there's not a whole lot you can do. Hair on the other hand, is one of

the few things that's easy to change," Art Markman, professor of psychology at the University of Texas, tells Metro. "You exert this tremendous amount of control over it and in a very short period of time, you can completely change your look."

The changeable nature of hair and its versatility explains how it can influence our mood, he adds.

"Every morning you wake up, look in the mirror and face yourself. At this moment, you have this instant sense of what kind of day you're having, just on the basis of your hair. If you feel like your hair is one big lump and that you'd love to be able to shave it off and burn it, you end up feeling like this tangled mass of hair."

It's a cheap way of making a statement

Feel like dip dyeing the tips of your hair pink? All you need is a DIY dye kit.

"We have a limited number

of ways in which we can project ourselves to the world. Cutting or styling our hair a certain way is both a dramatic thing we can do and relatively speaking, an inexpensive one," explains Markman. "You can try and make a statement by changing the way you dress but revamping your wardrobe isn't cheap. A high-end haircut is always going to be cheaper than redoing your wardrobe," he points out.

It's an enabler of change (you can believe in)

Your hair can influence how people perceive you, but it can also change your perception of yourself. Diller calls this the feedback loop.

"Change doesn't have to come from the inside. When you look in the mirror, what it is you see feeds back information about who you are and how you feel about yourself. If you have this fantasy of being a completely different you, then changing your hair can enable this change, because ultimately, you are changing what you see. If a haircut makes you look bolder or younger, that's how you will eventually feel. Only then do you need to change how you feel inside, in order to match what you — and others — see."

It allows you to exert control over your life

So many aspects of your appearance are out of your control.

Quote

"People generally take 'all' of you in, what wear, your smile, whether your eyes are bright and shiny. But they're also unconsciously clocking your hair and that can influence the way they treat you."

Art Markman
Psychologist

pearance are out of your control.

"You wake up in the morning with a huge pimple on your face. You didn't choose to wake up to spotty skin but you have to deal with it. But your hair — that's more or less under your control," says Markman. "You can walk into a stylist and say, 'cut it.'"

According to Markman, the value of our hair rests on the basis that we all need a few things in our life that are 100 per cent ours.

"So many things in our lives are out of our control. We're constantly trying to manage all the forces that are working against us. But no one can tell you what to do with your hair. It belongs to nobody but you."

"This explains why times when people make significant changes in their hair often reflect a situation where the rest of their life felt out of their control, such as a messy divorce or a shift in career. It can also be that after a long period of time where they have let themselves go, they are once again seizing control."

Remember: you can always change what it is you see in the mirror.



On the Web



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MAKE THE MOST OF STUDENT LIFE WHILE ON CAMPUS

Whether you live in residence or on your own, a great part of university life can happen on campus. But how to ensure you make the most of it?

Marlene Gross, manager of services for new students at Concordia University, says start with a full tour of campus. If you don't do it now, you might spend your entire academic career in your one corner of campus. "It really gives you a full feel of the university," she says.

Sarah Morris, assistant director of student services at Saint Mary's University, says orientation events are a good first step. "It's a great way to meet new people. Saint Mary's has (people from) over 90 countries on campus so it's a great way to see what the world is all about and stay home at the same time."

SMU also hosts a Society Expo for the more than 60 groups on campus, as well as a volunteer fare; both are excellent ways to extend your social network. At many schools you will already be paying for gym membership, or have a discounted price, so find out to what you are entitled.

Mitchell Miller, student life coordinator at McGill University, says organizations such as the Student Society of McGill University can connect you to hundreds of societies and clubs, from



HEMERA/THINKSTOCK

charities and social activism to commerce and mentoring programs with older students. Faculty and departmental clubs will give you a chance to find study buddies.

Campus life can also be a good way to try potential careers. McGill has a campus radio station, CKUT, for those interested in broadcasting. "Student life is a really important way to get involved in it," he says.

Student newspapers are another way to gain writing experience, and to go to fun events. Mitchell says he was a very involved student and it paid off. "The skills it helped me build are so helpful now in my career path," he says. "It really increases your social circle."

Marlene Gross cautions that your workload in September is probably the lightest it will be all year, so be careful not to over-commit to extracurricular activities. Get an agenda and mark out your fixed items like classes, study time and work shifts, and then think about what else you can manage.

"It's all about balance and time management. It's important to get involved, but not to skip classes," she says.

— Jon Tattrie



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Caribbean-born Keisha-Ann Shaw Hill was a mom with a newborn when she started the program. Now she practises real estate law full time. "It's very exciting," says Shaw Hill. "I don't feel like I am just starting out as a new lawyer in Canada."

Mehreen Alavi is another successful



Mehreen Alavi, centre.

UNIVERSITY OF TORONTO PHOTO

graduate. Already called to the bar in England, Wales, and Pakistan, she has since interned with Torys LLP, articulated at Stikeman Elliott, and will be called to the Ontario bar this month.

Gurpreet Shergill appreciated ITLP's class format. "Group discussions and suggestions by professors and TAs on how to prepare for exams were very helpful," he remembers.

Students in the ITLP must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country.

Phone 1-416-978-6770 or visit itlp.utoronto.ca to learn more.



NSCAD UNIVERSITY PHOTO

FIND YOUR INNER ARTIST

AT THE NSCAD UNIVERSITY'S SCHOOL OF EXTENDED STUDIES

week and registration is ongoing. People can register for courses online or by telephone.

For many people who take courses through the School of Extended Studies, it's a life-altering experience.

"For the students that come through Extended Studies, about 55 per cent go on to get a degree at NSCAD," says Blanchard. "That's pretty substantial."

One of the enticing things about taking courses through the School of Extended Studies is that there are courses for people of all skill levels, meaning there is a place for even the greenest artist.

"The nice thing about the department is you don't need to have a portfolio, you don't need to have the skills, you just have to have the desire," says Blanchard.

Another plus is that many of the instructors who teach in the School of Extended Studies are also instructors in NSCAD's degree programs, which ensures students receive excellent instruction.

Sharon Blanchard believes everybody is an aspiring artist at heart.

"Everybody really has an inner artist," says the director of NSCAD University's School of Extended Studies.

She says for many people, the question is how to tap into that inner artist. For her, the answer is simple.

"The School of Extended Studies is that gateway," says Blanchard.

NSCAD has been offering non-credit studio courses to the general public for 125 years and courses in the School of Extended Studies are a perfect fit for people with even the busiest of schedules, as classes are offered on evenings and weekends.

The next session of courses begins this



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University of Toronto Faculty of Law

September 14
2-4 pm EST
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That's where CareerBear.com comes in to save the day. The site is Canada's premier information source for people who want a new career, but aren't sure where to start their search.

One of the things that makes Career Bear so unique and effective is that its content is Canadian, so the articles are tailored specifically to what's happening in Canada, as well as what will be happening in the future. This ensures the



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information is relevant and applicable to readers.

At the home page of CareerBear.com, you can browse careers by industry, salary, outlook or alphabetical listing. On each career page, you will find job profiles, quick career facts and training programs near you.

In other words, not only does Career Bear provide you with information about how to make the move, but it also suggests programs and schools in your area that can help make the dream a reality.

To date, more than 65 detailed profiles have been written about careers in fields such as business, writing and language,

HAVE A QUESTION?

Are you looking for information on a career that isn't featured (yet) on Career Bear? Get in touch via email at contact@CareerBear.com on what career the site should be profiling, as well as any other thoughts you have about the site.

creative arts, engineering and science, culinary arts, IT, trades, medical and health, legal and professional, and more. As time goes on, this number will only continue to grow.

Career Bear is loaded with great content and in the coming weeks (and months), it will continue to add great general interest articles. Topics that have been covered recently include why you shouldn't stay in the same job for more than five years, the careers with the fastest salary growth, the best jobs for working moms, and the 10 hottest career options for the next five years.

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Pineapples and coconut sauce: Tropical take on scallop stir-fry



ROSE REISMAN
for more, visit
rosereisman.com

I prefer buying large scallops for a stir-fry. The key is to not overcook them, or they become dry and chewy.

Make sure to buy light coconut milk, which is much healthier for you than regular coconut milk. Serve over rice or noodles.

1. Make the coconut hoisin sauce by whisking together the coconut milk, hoisin sauce, oyster sauce, peanut butter, cornstarch, garlic, ginger, chili sauce and brown sugar in a small bowl until smooth. Set aside.

2. Lightly coat a nonstick grill pan (or wok) with cooking spray and set over medium-high heat. Add the scallops and sauté until the flesh is opaque and center is slightly translucent, about 3 minutes. Remove from the pan and set aside.



This stir-fry serves four. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

3. Steam or boil the broccoli for 2 minutes just until tender. Drain well. Respray the pan (or wok) and reduce the heat to medium. Add the broccoli and the red bell pepper and stir-fry for 2 minutes.

Ingredients

Sauce

- 1/2 cup light coconut milk
- 1/4 cup hoisin sauce
- 2 tbsp oyster sauce
- 1 tbsp natural peanut butter
- 1 tsp cornstarch
- 1 1/2 tsp chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce
- 1 tbsp brown sugar

Stir-fry

- 12 oz large scallops
- 1 1/2 cups chopped broccoli (including stems)
- 2 cups sliced red bell pepper
- 1/2 cup diced pineapple
- 1/4 cup chopped cilantro
- 3 tbsp chopped green onions

4. Add the sauce and scallops and stir-fry for another 2 minutes or until the sauce thickens and all the ingredients are heated through. Transfer to a serving platter and sprinkle with pineapple, cilantro and green onions.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

What you don't know about yogurt can hurt you



NUTRI-BITES
Theresa Albert, DHN, RNCPT
myfriendinfood.com

These days, all you hear about is probiotics. Do you really need them? Do they really affect your health? What happens if you don't have them and what the heck are they anyway?

Probiotics feed the good bacteria in your gut. Good bacteria in your gut breaks down food, synthesizes vitamins, stimulates immunity and kills bad germs. In short, they are crucial.

We are born with a set amount of good bacteria (thank your mom) but poor lifestyle choices, antibiotics and other issues such as weight gain and environment can wreak havoc on

these life-sustaining belly buddies. Poor gut flora has been linked to everything from C. difficile to the metabolic syndrome. Trust me, you care.

One of the best ways to build good bacteria is to eat yogurt. The shelves are full of boasting brands.

Here is your cheat sheet of what to look for:

- Gelatin free
- No colourings or flavourings
- Only real fruit added
- As low in sugar as palatable to you
- As fortified in probiotic as high as possible (more than one billion if possible)

The most important key is to choose a flavour that will keep you interested and eating. It doesn't matter how healthy a food is, it won't do you any good sitting in the fridge.



Theresa Albert is an

author and nutritionist in Toronto. She is @THERESAALBERT on Twitter and found daily at myfriendinfood.com

Cha Cha Domestic Short Hair

Cha Cha is so cute we can hardly stand it. She transferred from another shelter and packs a lot of charisma into a petite frame. This 2-year old has a solid black coat and a tiny white button at her throat. She has olive-colored eyes and a cheerful MEOW greeting for anyone venturing near her kennel. Cha Cha is a social butterfly with a sparkling personality and will not tolerate being overlooked. If you spend time visiting another adoptee, she will mess your hair to get your attention! Please visit Cha Cha today.



For more information on Cha Cha and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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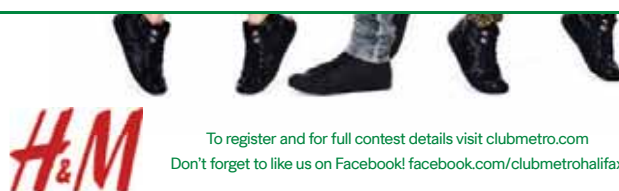
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Educate your kids about money. Start young. Take time to show them that salmon costs more than a lemon. ISTOCK

ABC's of money can start as early as three

Never too early. Talk to your kids about money, add financial literacy to their learning and they will thank you later



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Summer is officially over and your children are heading back to day-care and school. Now is the perfect time to add financial literacy to their regular routine.

When North American adults were surveyed by CouponCabin.com in August, nearly 75 per cent of them wish they'd received more financial education when they were young. Instead, according to the BMO Retirement Institute's Approach to Retirement, many people learn about money through first-hand experiences (some

good some bad) or upon the advice of friends and family members (some are qualified while others are not).

Good thing, nearly 80 per cent of parents these days are motivated to pass along smart money management skills to their children.

Don't worry if you're not financially savvy like Warren Buffett. Talking to your children about money is easy and, in fact, you can start as early as three years old.

Toddlers can learn money basics, like what it looks like and how it feels, by showing them coins and providing a small piggy bank to play with. This is also a great opportunity to teach your children a little bit about numbers; like how four is larger than two and what numbers look like when they're written out. Spend time counting coins with them and perhaps make a craft out of your penny collection.

Take your kids to the grocery store and explain what prices mean and the difference between an expensive

item, like a piece of salmon, versus the cost of a lemon. Allow them to pick out their favourite foods and read the prices with them. Show your children how coupons are used and explain why saving money is good for families.

When junior is a bit older, describe what you're doing when you go to the bank or ATM machine. If you pay with a credit card versus cash, explain the difference between the two methods of payment. As early as five years old, put your children on a small allowance. These allowances are critical tools parents can use to demonstrate how to budget and prioritize a child's money. When linked to chores and tasks, allowances convey the lesson of the value of a dollar. Through an allowance, children can begin to demonstrate their OWN ability to plan ahead, use a budget and be accountable for their spending. This is also a great time to open up a bank account.

Follow Lesley on Twitter @LesleyScorgie

Let's talk about sex, baby

Poll. We interviewed 2,500 of you about your most intimate secrets. Here's what you revealed (we won't judge).

How often do you have sex?

Look at the person next to you. Wink. Today may be your lucky day: 45 per cent said they get busy weekly, which beat daily (eight per cent) and monthly (12 per cent) for the top spot. Only one per cent have sex yearly, and 12 per cent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 per cent). Sorry folks. May we introduce you to some virgins (six per cent)?

What's your kink of choice?

You really enjoy your public displays of affection: An overwhelming 42 per cent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy playing with your food ... in

bed (21 per cent).

Three's never a crowd: 13 per cent of you have dabbled in a ménage à trois. (Are 13 per cent of you lying?)

About 14 per cent have tried the dominant game while 10 per cent have played the submissive, and an especially sexually adventurous four per cent of you have tried on some S&M gear. Playing with candles (four per cent) didn't light your fire as much as playing with butt plugs (nine per cent). And, a select few of you (four per cent) have a few sexy secrets that weren't even mentioned.

Note to the 34 per cent of you who said you weren't kinky: Experiment. If butt plugs are too adventurous, maybe try food in bed — you probably eat there anyway.

What kind of erotica do you enjoy?

About a quarter (27 per cent of you) don't need outside materials to turn you on. But, when it comes to your sexual media, the majority of you head online. Forty-five per cent get excited from videos and web clips, with a small portion of responders preferring to watch sex acts live (four per cent).

Stat
22%
want to see Batman and Catwoman get it on...



Erotic fiction tickles the fancy for 15 per cent, while two per cent of you are hanging on the telephone. About

seven per cent of you are lovers of the arts — pornographic photography art, that is.

Why is Fifty Shades of Grey such a big deal?

For the majority of you (10 per cent), you felt the most appealing part of reading the Fifty Shades series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (eight per cent).

Five per cent couldn't ignore that the books' popularity was probably due to the connection to Twilight, while

six per cent felt the fantasy series' basis in reality was what made so many people read it. Three per cent felt that the reason Fifty Shades was so popular was because it was available on ebook to readers, allowing them to peruse steamy scenes anywhere from the four walls of their bedroom to wide-open public transportation.

What fictional characters do you want to see getting hot and heavy?

Light up the Bat-signal: 22 per cent of you want to see Batman and Catwoman get busy. But Marvel heroes Iron Man and Black Widow aren't that far behind (11 per cent). You

weren't so interested in seeing Spider-man finally land Gwen Stacy (five per cent).

For you Hunger Games fantasy fiction fans, Katniss and Peeta (three per cent) beat out Katniss and Gale (two per cent). Oddly, Katniss/Gale tied with the desire to see Frodo and Gollum getting it on.

Maybe "Doing the Hobbit" will be the next big sex trend of 2012. **METRO WORLD NEWS**

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50 SHADES OF RELATIONSHIPS

THERE ARE MANY LESSONS TO BE LEARNED FOR POST-SECONDARY STUDENTS

Living in a new city. The availability of alcohol. Managing life's responsibilities such as cooking and laundry solo.

Those are some of the expected challenges students are working with when starting college or university. But for almost all them, developing relationships and sexuality is another, possibly tougher, lesson to learn about in their post-secondary years.

"The overarching challenge is navigating all kinds of new relationships, which are formed quickly and in an entirely new environment," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. "So negotiating: What does dating look like? What do relationships look like? It's figuring it all out in an entirely new setting."

SEXUAL BOUNDARIES

And in a year where the erotic novel *Fifty Shades of Grey* is everywhere, boundary setting is clearly important in developing these new sexual relationships. "People have sex for countless reasons, including pleasure, popularity, coping, pleasing a partner, and the list goes on," says Alice Balter, a Toronto-based sexual health educator. "It's important to explore what our personal sexual boundaries and limits are, especially within the context of a new-found freedom such as living away from home for the first time. Exploring our sexuality warrants thoughtful navigation for students to stay within their



ISTOCKPHOTO/THINKSTOCK

NAVIGATE YOUR SEX LIFE IN SAFE, FUN WAY

While campuses often offer free protection by way of condoms, there are services of other sorts available notes Alice Balter, a Toronto-based sexual health educator.

"It's important to know the resources your campus offers such as counselling services or clubs and/or associations such as lesbian/gay/bisexual/trans-

gender (LGBT) groups that you can get involved in," she says. "The more information you have about sexual health risks such as the influence of alcohol or sexual assault, and the positive aspects of sexuality such as intimacy and pleasure, the better you'll be equipped you'll be to navigate your sexual lives in a safe and fun way."

personal boundaries and limits."

ADD IN ALCOHOL

And while universities and post-secondary institutions are working on eliminating or minimizing alcohol — particularly in frosh week events (Nova Scotia's Acadia University made headlines last

week for banning alcohol in dorm rooms) — when it is available, alcohol also often ignites new sexual experiences. "Individuals should be wary that sexual relationships can develop really quickly under the influence of alcohol. And then there are the emotional concerns and heartbreak with that, but also legal issues regarding

sexual encounters with someone under the influence of alcohol or drugs," notes Milhausen.

PLAY IT SAFE

So how can students navigate this exciting time in their lives from a sexual standpoint? Aside from practising safe sex by using protection, go with your instincts. "If something about a situation seems off to you, if something about a person or an invitation or request seems off, then trust your gut in deciding," suggests Milhausen.

Also — rest assured parents — Milhausen also notes that while many students let off steam early in the year, things do get better. "Most students tend to go a little wild at the outset — most of them also tend to right themselves before things go too far," she says.

— Astrid Van Den Broek

Did you get "it" yet?

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SAFE SEX IS THE BEST SEX

Unprotected sexual encounters can lead to sexually transmitted infections (STIs) such as:

CHLAMYDIA: A bacterially transmitted infection that shows virtually no symptoms. If symptoms develop, they can include discharge, burning while urinating, abdominal pain or pain during intercourse (or for men, testicle pain). A urine test can diagnose chlamydia.

GENITAL HERPES: Symptoms include sores around the genital area as well as painful lumps. Medication can help the symptoms, but there is no cure.

HUMAN PAPILLOMAVIRUS (HPV): Warning signs include warts that are flat or cauliflower-shaped. There are several variations of HPV and while some lead to warts, others can lead to cancer. Preventative vaccines such as Gardasil are available for women and men while Cervarix is an option for women only.

SYPHILIS: This bacterial infection is sexually transmitted and manifests itself in symptoms such as an open sore in the genitals or throat along with — possibly — swollen



BANANASTOCK/THINKSTOCK

glands, muscle pain, rash and fever. Syphilis is treated with antibiotics including penicillin.

HIV/AIDS: Sexual contact (along with sharing of needles or for women, through

pregnancy and breastfeeding) is how HIV is spread and attacks the body's immune system. From a sexual standpoint, latex or polyurethane condoms or a female condom are the best prevention methods. While there is no cure for HIV, antiretrovirals can be prescribed to help prolong the life of those with HIV/AIDS.

GONORRHOEA: This bacterial infection shows itself via burning while urinating, pain or swelling in the testicals and a yellow/white discharge in men. In women, it may not show at all, although if symptoms do develop they, too, include burning during urination and a yellow discharge. While antibiotics are available to treat this STI, there is an increase in Canada in the strains resistant to antibiotic treatment.

LYMPHOGRANULOMA VENEREUM (LGV): Another bacterial infection, this, too, develops symptoms such as a lump (which can be painless) and later flu-like symptoms such as fever, chills, fatigue and muscle aches. The lymph nodes in the area where infection began may also swell. Antibiotics are prescribed as treatment.

GET REGULAR TESTS

How can you prevent STIs? "Wear condoms," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. Milhausen also notes regular testing is the second best prevention method. "And if you're sexually active, you should get tested for bacterial STIs every six to 12 months," she says. "Because if you happen to be infected, treatment can prevent long-term damage."

Want to find out more? Health Canada has fact sheets available at hc-sc.gc.ca and click on "health concerns."

— Astrid Van Den Broek

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MAKING ORGASMIC WAVES

CANADIAN-MADE WE-VIBE HAS UNIQUE BENEFIT THAT APPEALS TO BOTH GENDERS

Gone are the days of dark, cave-like sex shops where customers secretly slink in and quickly back out into the shadows.

Personal pleasure, once considered predominantly a man's sport, has gained prestige, popularity and social acceptance among many women, who are also quick to share trade secrets among their girlfriends.

It may be this information exchange that has made the Canadian-made We-Vibe — a cleverly designed toy created for self-pleasure and couples' play — the No. 1 selling sex toy among playful pairs around the globe.

It has a revolutionary shape, which simultaneously stimulates the G-Spot and clitoris, and a unique benefit that appeals to both genders (worn while making love).

The We-Vibe, launched in 2008, con-

tinues to stretch the limits of our bedroom romps, going beyond the commonplace phallic fare typically available.

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Also making orgasmic waves is the company's three super-powerful, yet highly compact offerings:

The Touch (a handheld personal massager); the lipstick-shaped Tango; and its latest offering for solo play, the Thrill by We-Vibe®, which is coming this fall to retail locations across Canada.

For full product info, visit we-vibe.com ... then go ahead and share the buzz with your pals.

— Tanya Enberg



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Rainmen re-sign top Canadian player



Joey Haywood, left, fends off a defender during a Halifax Rainmen game last season. METRO FILE

The Halifax Rainmen have secured the services of the National Basketball League of Canada's top hometown talent.

Joey Haywood, the league's Canadian of the year last season, was re-signed by the club on Monday. The six-foot guard and former Saint Mary's Huskies star from Vancouver was second in Rainmen scoring in 2011-12 with 13.9 points per game.

"He was a priority — a lot of other teams in the league were interested in Joey," said Rainmen owner Andre Levingston, who put Haywood on his five-man protected list in May.

"He was a focal point of our success last year and will

Quoted

"He's a professional on and off the basketball court and he's always trying to get better at his craft. I respect that a lot."

Rainmen owner Andre Levingston

be this year as well."

Haywood, who was also a second-team all-defence selection and an all-star captain, is the Rainmen's first signing of the off-season.

The team also acquired reigning league scoring champion Brandon Robinson

from the Oshawa Power for cash and a draft pick; traded second-team all-star Tyrone Levett to the Moncton Miracles for a draft pick; opted not to re-sign longtime Rainmen forward Eric Crookshank; and parted ways with Halifax native Christian Upshaw.

Haywood fills one of three Canadian spots required under NBL Canada rules.

"First and foremost, he's just an unbelievable young man and a good character guy and a great teammate," Levingston said. "We feel he's a guy who can help bring us a championship."

The Rainmen open the NBL Canada season on Nov. 2.

MATTHEW WUEST/METRO

X marks the spot for speedy Brad Cuzner

AUS hockey. Former Moosehead will follow in his parents' footsteps by attending St. Francis Xavier



MATTHEW WUEST
matthew.wuest@metronews.ca

Brad Cuzner is headed to Antigonish to play for the St. Francis Xavier X-Men.

The popular alumnus of both the Halifax Mooseheads and Cape Breton Screaming Eagles committed to the school last Friday and will study kinesiology. He was cut by the Mooseheads late last month after losing the battle for one of the club's three 20-year-old spots.

Cuzner will follow in the footsteps of his father, Cape Breton-Canso Liberal MP Rodger Cuzner, and his mother, Lynn, both of whom graduated from St. F.X.

"Brad has strong ties to the St. F.X. program ... We had high hopes of landing him in the future, but the way things happened (with the Mooseheads), he decided to go to school a year early," said X-Men head coach Brad Peddle. "He wants to get going on his degree right now and play at a higher level, and we're excited to have him."

Cuzner won the Screaming Eagles' Fans' Choice Award in 2009-10 and 2010-11 before being waived by the club last August. The Mooseheads picked him up, and he went on to record a career-high 12 goals and 12 assists

Loose Moose

Mooseheads alumni playing at Atlantic University Sport schools. Year of eligibility next to player's name in parentheses.

- **St. F.X. (3)** — F Brad Cuzner (1), D R.D. Chisholm (3), D Gabriel O'Connor (3)
- **UNB (3)** — F Cameron Critchlow (1), F Bryce Swan (5), F Colby Pridham (5)
- **Acadia (2)** — D/F Travis Randell (1), D Graham Bona (4)
- **Dalhousie (2)** — D Pascal Amyot (2), D Ben MacAskill (3)
- **St. Thomas (1)** — F Yuri Cheremetiev (3)
- **UPEI (1)** — F Mike MacIsaac (4)
- **Saint Mary's (1)** — F Shawn O'Donnell (4)

for 24 points in 62 games, playing a pivotal role on Halifax's top penalty-killing unit.

Although most Atlantic University Sport players are recruited after their over-age major-junior seasons, Peddle said Cuzner will have no trouble making the adjustment a year younger.

"He's a great kid, No. 1, he has strong character, and he competes really hard," Peddle said. "His style of game is going to be very well-suited to the AUS, and Brad, it's no



Brad Cuzner with the Halifax Mooseheads last season. METRO FILE

secret, with his speed and the style he plays, he's going to be an effective player for us."

The five-foot-nine left-winger was so relentless in Halifax's three-round playoff drive last season, Mooseheads

general manager Cam Russell said he'd never seen a player work as hard as Cuzner in the QMJHL semifinals.

The X-Men have lost several key forwards to graduation, so ice time is available

for Cuzner to earn.

"In three years of junior, he got better and better each year," Peddle said. "We're just looking forward to continuing his development with our program."

Mobile sports



"What a golden summer it has been for our country," British Prime Minister David Cameron said on Monday. Indeed, London held one final parade a day after the end of the Paralympics to celebrate a sporting summer for the ages.

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Murray ends major drought at U.S. Open

Tennis. After blowing two-set lead, 25-year-old Scot recuperates to take title from Djokovic

His considerable lead, and a chance at history, slipping away, Andy Murray dug deep for stamina and mental strength, outlasting Novak Djokovic in a thrilling five-set

U.S. Open final Monday.

It had been 76 years since a British man won a Grand Slam singles championship and, at least as far as Murray was concerned, it was well worth the wait.

Ending a nation's long drought, and snapping his own four-final skid in majors, Murray finally pulled through with everything at stake on a Grand Slam stage, shrugging off defending champion Djokovic's

By the numbers

1949

No one had blown a two-set lead in the U.S. Open title match since 1949, and Murray was determined not to claim that distinction.

comeback bid to win 7-6 (10), 7-5, 2-6, 3-6, 6-2.

"Novak is so, so strong. He fights until the end in every

single match," Murray said. "I don't know how I managed to come through in the end."

Yes, Murray already showed he could come up big by winning the gold medal in front of a home crowd at the London Olympics last month. But this was different. This was a Grand Slam tournament, the standard universally used to measure tennis greatness — and the 287th since Britain's Fred Perry won the 1936 U.S. Champion-

ships, as the event was known back then.

Murray versus Djokovic was a test of will as much as skill, lasting four hours and 54 minutes, tying the record for longest U.S. Open final. The first-set tiebreaker's 22 points set a tournament mark. They repeatedly produced fantastic, tales-in-themselves points, lasting 10, 20, 30, even 55 — yes, 55! — strokes, counting the serve. **THE ASSOCIATED PRESS**



Andy Murray celebrates winning the U.S. Open title Monday. GETTY IMAGES



Ravens take flight

Safety Ed Reed of the Baltimore Ravens returns an interception for a touchdown Monday in Baltimore, Md. Joe Flacco threw for 299 yards and two touchdowns as Baltimore beat Cincinnati 44-13 for their 11th straight win at home. **PATRICK SMITH/GETTY IMAGES**

NHL. NHLPA challenging lockout's legality in 2 provinces

A lockout involving all 30 NHL teams became less of a certainty Monday even though the league and the players haven't reopened collective bargaining talks.

A scheduled Tuesday morning hearing with the Alberta Labour Relations Board — where the NHL Players' Association was to argue that locking out members of the Edmonton Oilers and Calgary Flames would be unlawful — ended up being cancelled Monday night.

Deputy commissioner Bill Daly had been expected to travel to Edmonton for the hearing and told The Canadian Press in an email: "This is a joke." However, after the NHL

withdrew its claim with the labour board, Daly said he felt the league still had the legal authority to impose a lockout in Alberta.

The union's general counsel said in a statement that he felt it would not be permitted.

Meantime, the league and players continue to have no bargaining sessions scheduled before the current CBA expires at 11:59 p.m. ET on Saturday. The league has said it will enact a lockout if that deadline passes without an agreement.

The union also plans to file an application to the Quebec Labour Board this week in an effort to keep Montreal Canadiens players from being locked out. **THE CANADIAN PRESS**

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Miscellaneous

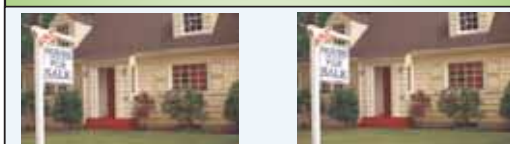
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Horoscopes

Aries

March 21 - April 20

Decide where you want to be a month or a year from now and then start doing the things that will make it happen. Careful planning is the key to long-term success, so put on your thinking cap.

Taurus

April 21 - May 21

Anything is possible. There are no limits to what you can do. The Sun and Mercury in sympathetic Virgo means that your attitude is right, and if your attitude is right then everything else will fall into place.

Gemini

May 22 - June 21

You will have to make a few tough decisions today and you will find you really enjoy calling the shots. But don't let the power go to your head because you are too nice to play the tough guy for long.

Cancer

June 22 - July 23

Someone who thinks they can put one over on you is going to discover that you are too sharp to be fooled. Turn the tables and use them to get what it is you most desire. They won't try to trick you again.

Leo

July 24 - Aug. 23

You know the difference between right and wrong, and you know that if you don't speak up, you will always regret it. Don't pull your punches just because your target is someone in a position of power.

Virgo

Aug. 24 - Sept. 23

You are in one of your faultfinding moods and will most likely pick apart everything that other people do. Don't be surprised to find yourself short of friends by the end of the day.

Libra

Sept. 24 - Oct. 23

Try not to put yourself under pressure today. Both at home and at work you should aim to relax and not take anything too seriously. And find a way to turn off the constant chatter inside your head.

Scorpio

Oct. 24 - Nov. 22

No matter how much you might wish to spare someone's feelings, you must be honest with them. What you have to tell them might be a bit hurtful but better a bit of hurt now than a lot of hurt later.

Sagittarius

Nov. 23 - Dec. 21

Don't be afraid to lay down the law, either at home or at work. Others will respond well to your leadership qualities and will do whatever you say. Just make sure what you say is what you believe.

Capricorn

Dec. 22 - Jan. 20

Put your ego to one side today and recognize that you don't know it all. It would be foolish to ignore what other people tell you just because you find it hard to accept. You still have much to learn.

Aquarius

Jan. 21 - Feb. 19

Think before you speak, speak before you act, and act only when you have to. Every time before you open your mouth today, ask yourself this question: Will my words hurt or will they heal?

Pisces

Feb. 20 - March 20

Your life is perfect just as it is, so don't be tempted to change things for the sake of it. Both in your personal life and at work, the right opportunities will arrive at just the right time. Be ready for them.

SALLY BROMPTON

Crossword: Three Star Trek References

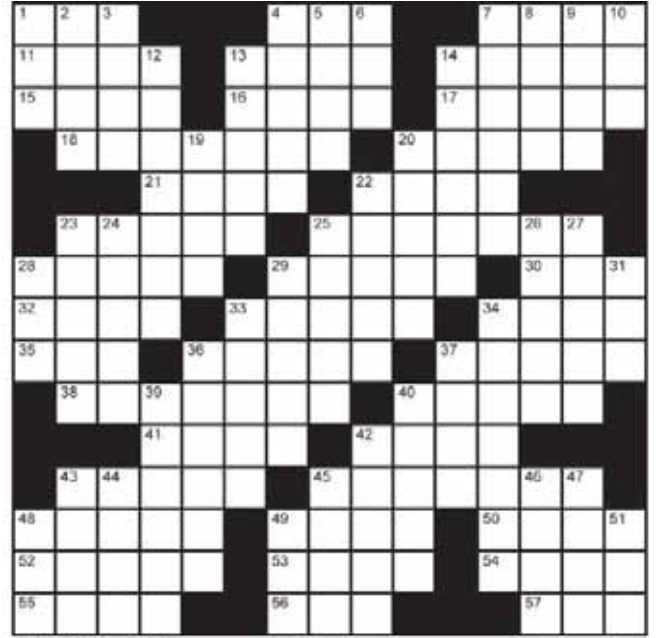
BY MICHAEL WIESENBERG

Across

1. Our country: abbr.
4. Simple bed
7. Become dim
11. Wide-eyed
13. Opposite of wild
14. Craze (from the Greek word for "madness")
15. Actual
16. Spoken
17. Before: Fr.
18. Montréal-born *Star Trek* star William
20. Feel about blindly
21. "I'm unable to do it"
22. Azerbaijan capital
23. Cathedral topper
25. Saskatchewan neighbor
28. Bird word
29. Acknowledged the playing of "O Canada"
30. Regret
32. Lion's bellow
33. Animal track
34. Beatnik residences
35. Rainbow shape
36. "___ behold!" (2 wds.)
37. North York, Ontario-born Mandel of *Deal or No Deal*
38. Football side that doesn't have the ball
40. Shed feathers
41. Anger
42. Boxing match
43. They become alumni and alumnae, familiarly
45. PM Wilfrid
48. ___ Jaw, Saskatchewan
49. Bronzes at the beach
50. Hammerer's target
52. Go into
53. Bride, after the vows

Down

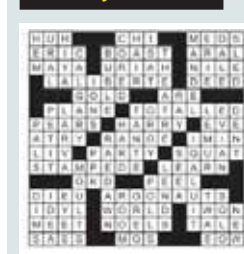
1. Windsor, Ontario product
2. Mellows, as wine
3. Biblical ark builder
4. ^ symbol
5. *Rubaiyat* poet Khayyam, actor Sharif, or *House* actor Epps
6. ___ Aviv, Israel
7. "Do me a ___ and let me have \$100 till payday"
8. Take ___: sleep briefly (2 wds.)
9. Sup
10. Consume
12. BC's ___ National Park, in the Rockies near Revelstoke
13. 1,000 kg
14. Like cards in a crooked deck
19. Fruit pastry
20. Eva, Magda, or Zsa Zsa
22. *True* ___: HBO vampire series
23. King Arthur's Excalibur, for one
24. Lack of fighting
25. Make amends
26. Fish with a big net
27. Bad news for a taxpayer
28. ___ la la
29. "The Final Frontier"
31. 180° from WNW
33. iTunes downloads
54. Thus
55. Crystal ball gazer
56. Dog's bark
57. Henpeck



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34. Fries, cheese, and gravy dish
36. The Prime Minister, to Parliament and his country
37. Attorney's billing basis
39. Longest BC river
40. Cat's quarry
42. Alberta's third-largest but most-visited National Park
43. All used up
44. Memorization method
45. Animal abode
46. Deserve
47. Capital of Latvia
48. "___ amis": start of a French speech
49. Airline bought in 2001 by American
51. What a *Star Trek* captain keeps

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	4	3	5	2	9	7	8	1
5	7	9	1	6	8	2	4	3
8	2	1	3	7	4	9	5	6
7	9	2	8	1	5	6	3	4
1	3	6	9	4	2	5	7	8
4	5	8	6	3	7	1	9	2
3	8	5	2	9	6	4	1	7
2	1	4	7	5	3	8	6	9
9	6	7	4	8	1	3	2	5

8			4	5			6	
	6		8	3		4		
		4			2			
	9	7		1	3			
7							4	
	8	9		4	5			
	7				8			
	1		6	7		2		
5			3	9				1

Today

18°/10°
Variable

Wednesday

21°/11°
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\$7,735 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,829 and **\$1,650** *3 payments on us* savings*. Offer based on 2013 Sorento LX AT.

\$167 bi-weekly for 60 months, amortized over 84 months with \$799 down payment.
\$8,559 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,829 and **\$1,650** *3 payments on us* savings*. Offer based on 2013 Sorento 3.5 LX V6.

2013 **FORTE** SEDAN

HWY (A/T): 5.5L/100KM
CITY (A/T): 8.0L/100KM

OWN IT FROM
\$94⁺
BI-WEEKLY

AT
0.9%
APR

FOR UP TO
60
MONTHS

\$500
WINTER
TIRE
CREDIT*

bi-weekly for 60 months, amortized over 84 months with \$999 down payment.
\$4,830 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,534.
BASED ON A PURCHASE PRICE OF \$17,529. Offer based on 2013 Forte Sedan LX MT.



Forte SX shown²

2012 **OPTIMA** **HYBRID**

HWY (A/T): 4.9L/100KM
CITY (A/T): 5.6L/100KM



Optima Hybrid
Best New Family Car
(over \$30,000)

WAS
~~**\$32,229**~~

WELL-EQUIPPED FROM
\$26,529¹

INCLUDES
\$5,700
IN CASH SAVINGS

Offer includes delivery, destination, PPSA and fees of \$1,634, **\$1,000 ECO-CREDIT²**
and **\$4,700** cash savings¹. **BASED ON A PURCHASE PRICE OF \$32,229.**
Offer based on 2012 Optima Hybrid base.



Optima Hybrid Premium shown²



5 WE'VE GOT
YOU COVERED
*5-year/100,000 km
worry-free comprehensive
warranty.

LIKE US ON
TO LEARN MORE.
facebook.com/kiacanada

Military Benefit
 Mobility Assistance
 Grad Rebate
see dealer for details

Atlantic Kia dealers for Atlantic drivers.



The Power to Surprise

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by October 1st, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. *0% purchase financing is available on approved credit. Terms vary by model and trim. See dealer for complete details. Representative financing example based on 2012 Soul 1.6L AT (S0753C) with an MSRP of \$21,924 (includes delivery and destination fees of \$1,650, \$500 loan savings, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable)) financed at 0% APR for 60 months. 130 bi-weekly payments equal \$157 per payment with a down payment/equivalent trade of \$0. Cost of borrowing is \$0 for a total obligation of \$21,924. License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. **\$500 Winter Tire offer is open to retail customers who finance or lease an eligible new 2012 or 2013 Kia vehicle from a participating Kia dealer between September 1 and October 1, 2012 inclusive. Eligible models include 2012/2013 Rio 4-Door and RioS, 2012/2013 Forte Sedan, Forte Koup and ForteS, 2012/2013 Sorento and 2012 Soul 1.6L AT or MT models. \$500 can be redeemed, at customer's option, towards the purchase of a winter tire/tires for their new Kia vehicle, in the form of a cheque in the amount of \$500 or as a reduction of \$500 from the negotiated selling price (before taxes) of the new vehicle. Some conditions apply. See your Kia dealer for complete details. Offer ends October 1, 2012. *Bi-weekly finance payment (on approved credit) for new 2013 Sorento LX AT (SR758D)/2013 Sorento 3.5 LX V6 (SR75ED)/2013 Forte Sedan LX MT (F0540D) based on a selling price of \$28,724/\$31,324/\$37,529 is \$149/\$167/\$94 with an APR of 0%/1.49%/0.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$7,735/\$8,559/\$4,830 plus applicable taxes due at end of 60-month period. Offer includes a down payment of \$0/\$799/\$999, \$1,650/\$1,650/\$0 *3 payments on us* savings, delivery and destination fees (\$1,650/\$1,650/\$1,455), PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. *3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a select new 2012 Soul 1.6L MT/2012 Soul 1.6L AT/2012 Optima/2012 Sorento/2013 Sorento from a participating dealer between September 1 - October 1, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of \$550/\$550/\$400/\$550/\$550 per month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to \$1,050/\$1,050/\$1,200/\$1,650/\$1,650 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. Offer ends October 1, 2012. *Cash purchase price for 2012 Optima Hybrid Base (OP74AC) is \$26,529 and includes a cash savings of \$4,700 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers) and a \$1,000 ECO-Credit. Includes delivery and destination fees of \$1,455, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Based on the Manufacturer's Suggested Retail Price of \$32,229. Retailer may sell for less. Available at participating dealers. See dealer for full details. *ECO-Credit for 2012 Optima Hybrid is \$1,000 (deducted before taxes) and is applicable to the purchase or lease of a new 2012 Kia Optima Hybrid. Available at participating dealers. Certain restrictions apply. See dealer for details. \$4,700 cash savings on the cash purchase of an eligible new 2012 Optima Hybrid from a participating dealer between September 1 - October 1, 2012. Cash savings is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. See your dealer for complete details. ²Model shown: Manufacturer Suggested Retail Price for 2013 Sorento 3.5L SX AWD (SR75XD)/2013 Forte SX Luxury AT (F074XD)/2012 Optima Hybrid Premium (OP74BC) is \$43,045/\$27,150/\$37,250. Includes delivery and destination fees of \$1,650/\$1,455/\$1,455, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. Available at participating dealers. See dealer for full details. *Highway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Forte Sedan 2.0L MPI 4-cyl (A/T)/2012 Optima Hybrid 2.4L MPI 4-cyl (A/T). These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Some conditions apply to the \$500 Grad Rebate Program. See dealer or kia.ca for details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA and FlexChoice are trademarks of Kia Motors Corporation and Kia Canada Inc. respectively.